

## Winter Squash Soup

Smooth, silky, and just the right amount of sweet, this soup is a cold-weather staple.

### Ingredients

- 2 medium butternut squash (about 4 lbs), peeled
- 4 large carrots, peeled
- 2 medium onions
- 1 tbsp olive oil
- 4 garlic cloves, pressed
- 1 tbsp dried thyme leaves
- 8 cups chicken stock
- 2 15-oz cans solid pack pumpkin
- 2 12-oz cans evaporated whole milk
- 2 tsp salt
- 1/2 tsp ground black pepper
- Sour cream and toasted pumpkin seeds (optional)



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### Instructions

1. Cut the squash and carrots into 1" chunks. Cut the onions into chunks. Process the onions in batches in the [Manual Food Processor](#) until finely chopped.
2. Heat the oil in the [Rockcrok® Dutch Oven XL](#) over medium heat for 3-5 minutes or until shimmering. Add the onions. Cook and stir for 3-4 minutes or until softened.
3. Add the squash, carrots, pressed garlic, and thyme. Cook and stir for 1 minute or until fragrant.
4. Add the stock. Cover and bring to a boil over high heat. Cook for 24-26 minutes or until the squash is very soft, stirring occasionally. Remove from the heat.
5. Carefully ladle about a third of the squash mixture into a blender and cover. Remove the stopper from the blender lid and cover with a towel to vent steam. Blend until smooth, then pour the blended soup into a large bowl.
6. Repeat twice with the remaining squash mixture. Pour the blended soup back into the pot.
7. Whisk in the pumpkin, evaporated milk, salt, and pepper and bring to a simmer over medium-high heat. Remove from heat.
8. Serve with sour cream and pumpkin seeds, if desired.

***Yields 12 servings***

### U.S. Nutrients per serving (about 1 1/2 cup):

Calories 210, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 15 mg, Sodium 750 mg, Carbohydrate 34 g, Fiber 7 g, Protein 10 g